

PACAF EBOLA MESSAGE

PACAF FOCUS:

- Ebola is a potentially deadly but preventable disease with no cases currently identified in the Pacific.**
- All DoD and civilian travelers from high risk areas in Africa are being screened in Africa and CONUS, and again in PACAF.**
- PACAF has detailed plans that are coordinated with DoD and CDC to identify and treat any Ebola cases.**

Ebola symptoms

- Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola, but the average is 8 to 10 days.
- Symptoms: Fever, headache, myalgia, weakness, diarrhea, vomiting, abdominal pain and unexplained hemorrhage (bleeding or bruising)
- Recovery from Ebola depends on good supportive clinical care and the patient's immune response. People who recover from Ebola infection develop antibodies that last for at least 10 years.

How Ebola spreads

- Ebola is spread through direct contact (through broken skin or mucous membranes) with:
 - Blood or body fluids (urine, saliva, feces, vomit, and semen) of a person who is sick with Ebola
 - Objects (like needles and syringes) that have been contaminated with the virus
 - Infected animals
- Ebola is not spread through the air or by water, or in general, food.

Ebola is preventable

- Avoid nonessential travel to the countries of Liberia, Guinea, Sierra Leone, Nigeria and the Republic of Congo
- Hand hygiene and avoid contact with blood and body fluids
- Do not handle items that may have come in contact with an infected person's blood or body fluids (such as clothes, bedding, needles, and medical equipment).
- Avoid funeral or burial rituals that require handling the body of someone who has died from Ebola.
- If exposed, monitor your health for 21 days and seek medical care immediately if you develop symptoms of Ebola
- For more information: (<http://www.cdc.gov/vhf/ebola/symptoms/index.html>)